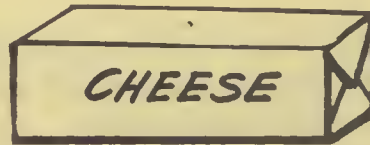
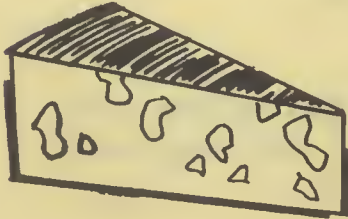




CHEESE

a good choice for the thrifty family



CHEESE helps build strong bones
good teeth
muscle

Make CHEESE Toast  for breakfast

Add strips of CHEESE to tossed salad



Use COTTAGE CHEESE with fruit



Use sliced CHEESE on crackers
for a snack



C & MS-25

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Macaroni in Cheese Sauce

¼ cup margarine or butter	½ teaspoon mustard
¼ cup flour	1½ cups cut-up cheese
½ teaspoon salt	3 cups cooked macaroni
2 cups milk	

Melt fat, mix in flour and salt. Add milk slowly, stirring all the time, until sauce starts to boil. Lower heat and cook for 3 minutes or until thick. Add mustard and cheese and stir over low heat until cheese melts.

Mix in cooked macaroni and heat through. Makes 6 servings.

Other uses for Cheese Sauce

Mix with cooked potatoes, rice, noodles or hominy.

Pour over cooked vegetables.

Cheese Meat Loaf

2 slices bread	¾ pound ground beef
⅓ cup milk	½ cup cut-up cheese
½ onion	1 teaspoon salt
2 eggs	

Soak bread in milk, chop onion, beat eggs. Mix bread, milk, onion, eggs, beef, cheese and salt. Shape into loaf and put into greased pan.

Bake at 375° F (moderate oven) for 1 hour. Makes 6 servings.

Cheese Sandwich Ideas

For sandwich fillings:

Mix chopped cheese and chopped pickles.

Mix chopped cheese and chopped onion.

Use a thin slice of cheese and a layer of finely chopped carrot.

Issued September 1966

★ U.S. GOVERNMENT PRINTING OFFICE : 1969 O—353—437